November 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Wagenman Named NME SOY — *Page 3*

Command of NMCP Changes; First Captain as CO in 24 Years

By Rebecca A. Perron
NMCP Public Affairs

Capt. Darin K. Via became the 76th commanding officer of Naval Medical Center Portsmouth during a change of command ceremony on Oct. 30. Via relieved Rear Adm. Terry J. Moulton who had commanded the medical center since April.

Via had previously served at NMCP as director for Surgical Services and deputy commander before most recently serving as Pacific Fleet surgeon. Moulton will continue to be commander, Navy Medicine East; manager of the enhanced Tidewater Multi-Service Market; and chief, Navy Medical Service Corps.

The change from a flag officer as commander of NMCP to a captain as commanding officer will allow Moulton to focus on the 18 hospitals and clinics that comprise Navy Medicine East, and allow Via to focus fulltime as leader of NMCP.

Vice Adm. Matthew L. Nathan, Surgeon General of the Navy, and chief, Bureau of Medicine and Surgery, was the guest speaker for the ceremony, referencing upcoming changes across Navy Medicine.

Nathan said the goal is to be more than a collection of naval treatment facilities; he envisions a true health care system comparable to what he called marquee health care enterprises.

"It's important that we take somebody like Admiral Moulton, who has the track record of understanding the enterprise, understanding medical centers, understanding how the overseas facilities work, and bringing him to have the larger view," Nathan said. "Terry, this will allow you to help us build this enterprise system so that whatever gears are spinning (elsewhere in) support of the fleet and Marine forces, this will allow you to bring those gears that will better lift the rising tide. We are doing the same thing on the West Coast, and Portsmouth will be the centerpiece on the East Coast."

Prior to reading his orders and officially relinquishing command, Moulton referenced his short six-month tenure as

— *See* **COMMAND**, *Page 8*



Capt. Darin K. Via salutes Rear Adm. Terry J. Moulton to symbolize assuming command of NMCP during the Oct. 30 change of command ceremony.



Photo by MC1 (SW/AW) Abraham Essenmacher

Happy Birthday, Marine Corps

NMCP staff and Marines from the Wounded Warrior Battalion-East Portsmouth Detachment gathered Nov. 12 for a belated celebration of the 239th birthday of the U.S. Marine Corps.

Capt. Bradford Smith, NMCP executive officer, and HMCM (EXW/FMF/SW) Aaron VanDall, acting command master chief, assisted the youngest and most seasoned Marines present – Pfc. Matthew Russell and retired Gunnery Sgt. Melissa Marshall – with cutting the cake.

Save the Date

Park View Elementary Volunteer Opportunity

NMCP's partnership with Park View Elementary is continuing during the 2014-15 school year and gives staff the chance to make a difference in the students' lives.

Volunteer opportunities include being a math or reading tutor in the classroom, assisting in the library, remediation block tutoring from 2:40 – 3:10 p.m., and being a lunch buddies mentor during lunch hours, which are from 10:50 a.m. to 1:30 p.m. Clubs after school include math and science clubs, and the strings program for violin or cello.

There are also one-time volunteer opportunities throughout the year for events such as the science fair, Celebrity Reader Day, Career Day and Field Day.

Those who are interested in volunteering should contact, Lt. Cmdr. Mark Edwards at mark.a.edwards@med.navy.mil; or call (757) 953-5336 to speak to HM2 Guy (lashaunda.guy@med.navy.mil) or HM1 Rippentrop (ann-marie.rippentrop@med.navy.mil).

Candle Lighting Remembrance Service

The Naval Medical Center Portsmouth Perinatal Bereavement Team cordially invites you, your family and friends to a Candle Lighting Remembrance Service on Friday, Dec. 5, at 1 p.m. The service will be held in the Main Chapel, Bldg. 3, 2nd floor.

This service will include the sharing of music, words of encouragement, prayers of hope and a moment of remembrance as candles are lit in honor of the babies who have lived and died and yet touched our hearts so tenderly. If you would like to further honor your baby by placing his or her name in the program, RSVP by contacting Sharon Evans at Sharon.evans2@med.navy.mil or (757) 953-4178.

2014 CFC Campaign

The 2014 Combined Federal Campaign is in full swing. Consider donating to this great cause. The charity search tool is located at www.cfctoday.org and contains all national, tnternational, and local charities in the Combined Federal Campaign. To make a donation, visit www.cfcshr.org.

To get involved with the campaign or for further assistance, contact Lt. Sandra Baxter at sandra.baxter@med.navy.mil or 953-0684, or HM1 Shayla Robertson at Shayla.robertson@med.navy.mil.

2014 CFC! Give up a little, Change a lot!

Holiday Masquerade Ball

The Holiday Masquerade Ball is Dec. 5 from 6 p.m. to midnight at the Wyndham Hotel in Virginia Beach. Attire is formal or semi-formal and masquerade masks are not required, but everyone is encouraged to participate in the theme.

Tickets are on sale Tuesdays and Thursdays from 11 a.m. to 1 p.m. in Bldg. 3, 2nd floor, next to Navy Federal Credit Union.

Ticket prices: E4/GS-4 and below: $10; E5-E6/GS-5: $15; E7-E9/GS-6: $20; O1-O3/GS-7-11: $30; O4/GS-12 and above: $35; and contractors: $15. Proof of rank is required during purchase.

Hotel rooms are available for $49. Call (888) 595-3868 to reserve. There will be great food and prizes, a DJ, and photo booth.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

THE COURIER

COMMANDING OFFICER
Capt. Darin K. Via

EXECUTIVE OFFICER
Capt. Bradford L. Smith

COMMAND MASTER CHIEF
HMCM (EXW/FMF/SW) Aaron VanDall

PUBLIC AFFAIRS OFFICER
Deborah R. Kallgren

DEPUTY PUBLIC AFFAIRS OFFICER
Rebecca A. Perron

STAFF JOURNALISTS
MCCS (IDW/EXW/AW) James Perkins
MCC (SW/AW) Leslie Tomaino
MC1 (EXW/SW/AW) Gary Johnson
MC1 (SW/AW) Abraham Essenmacher
MC2 (SW) Terah Bryant

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Cir., Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

To submit an article or information for publication, contact the Public Affairs Office by calling 953-7986 or emailing the PAO, Deborah Kallgren, at deborah.kallgren@med.navy.mil.

Submissions should be in Word format, with photos submitted separately from the document and in jpeg or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

Keep up with the latest news from NMCP

www.facebook.com/NMCPortsmouth

Read and download The Courier in color!
issuu.com/nmcp

www.youtube.com/NMCPortsmouth

twitter.com/NMCP1



HM1 (SW) Russell Wagenman receives applause from fellow competitors during the announcement of his selection as Navy Medicine East's Sailor of the Year for 2014. Nineteen petty officer first classes, one from each of the military treatment facilities and commands that comprise NME, competed for the honor.

NMCP Corpsman Named Navy Medicine East Sailor of the Year

Story and photos by
MC1 (SW/AW) Abraham Essenmacher
NMCP Public Affairs

Hospital Corpsman 1st Class (SW) Russell Wagenman, from Naval Medical Center Portsmouth, was selected the Navy Medicine East 2014 Sailor of the Year. The announcement was made by Rear Adm. Terry Moulton, NME commander, during a ceremony on Nov. 19 at NMCP.

Nineteen petty officer first classes, one from each of the military treatment facilities and commands that comprise NME, competed for the honor. The competition included corpsmen, as well as members of rates that provide support in a medical setting.

"When the admiral pulled the envelope out, my knees starting shaking a little bit," Wagenman said. "I started thinking, 'This is it. It could be me!' When he read my name, I couldn't believe it."

Wagenman, a native of Dent, Minn., has been the leading petty officer of the Nursing Services directorate since April. He leads 275 junior Sailors in the daily operation of 11 specialty nursing units across four departments, which provide care to more than 15,000 patients annually.

"He's a go-to person who I can really count on," said Senior Chief Hospital Corpsman (SW/AW) Roona Jackson, Wagenman's senior enlisted leader. "He's really functioning on the level of a chief.

"He's managed to be very personable and very engaging with the Sailors, from sponsorship to training and any personal issues Sailors may have," Jackson said. "He identifies challenges and jumps on board to tackle them right away."

The ceremony began with remarks from Command Master Chief (SW/AW/FMF) Michael James, Navy Medicine East's command master chief and host of the competition.

"This has been a tough competition this year," James said. "I am thankful to all the region CMCs who worked hard and assisted with the SOY board to help make this very difficult, but well-deserved, selection from all the outstanding command candidates.



HM1 (SW) Russell Wagenman congratulates and shakes hands with each of his fellow competitors after being named Navy Medicine East's 2014 Sailor of the Year.

"I was very impressed with the poise, professionalism and the caliber of the 19 Sailors who represented their commands," James said. "Any one of them could have easily been our regional Sailor of the Year."

This is the first time that an NMCP candidate was selected for NME SOY since the reorganization within Navy Medicine created the regional command about a decade ago.

"It's great and special to have one of NMCP's 'First and

— *See* **WAGENMAN**, *Page 5*

Pharmacy Receives Award for Team Excellence

Story and photos by Rebecca A. Perron
NMCP Public Affairs

The Naval Medical Center Portsmouth pharmacy has received the Navy Pharmacy Specialty Leader Award for Team Excellence for 2014. The award recognizes excellence in supply management, customer service, recapture efforts and outreach to the civilian community.

NMCP dispenses 2.5 million prescriptions annually to 900,000 beneficiaries with a budget of $95 million. Almost 200 staff members provide pharmaceutical services at the medical center, as well as its branch health clinics and TRICARE Prime clinics.

"I think customer service is probably the number one reason we were selected," said Cmdr. Roger Bunch, director for Clinical Support Services. "Realize that that's saying something, since we are in the middle of a construction project in our main pharmacy. Half the pharmacy is restricted from access because of the construction and still we manage to keep among the big pharmacies the best turn-around times on prescriptions."

Even during the extended $5 million construction project, staff have managed to reduce prescription wait times from 45 minutes to 20 minutes by adopting different work flows and supply configurations. Bunch cited excellent supply management despite drug shortages as a secondary reason for the award.

"In spite of the drug shortages that are going on, the outstanding supply team manages to find products to keep people and get their prescriptions filled," Bunch said. "As a beneficiary, you want to come to the pharmacy, you want to find out about your medications, and you want your prescription. We really have a good team across the board, and that's what contributed to winning the award."

NMCP has also been at the forefront of many new initiatives and test platforms that are impacting regional pharmacy operations, are well as military pharmacies around the world.

As the Tidewater enhanced Multi-Service Market pharmacy lead, NMCP has developed a five-year business plan for the Army, Air Force and Navy pharmacies in Tidewater. This included coordinating policies for consistent patient care, training staff at the Joint Base-Langley hospital on neonatal pharmacy, and building a standardized medication ordering system for acutely ill patients that is expected to save $2 million.

According to Lt. Cmdr. Tiffany Cline, NMCP pharmacy department head, NMCP has also focused on recapturing prescriptions that had been filled by civilian pharmacies, including authorization-restricted medication.

"NMCP established the first process for recapturing medications from the network," Cline said. "We implemented a new program that allows civilian providers to send us the prescription for high-cost medications that used to be filled here only when prescribed by a military provider. During the trial run, we saved $2 million."

NMCP also oversaw the development of a DoD pilot program for the TRICARE Mail Order Pharmacy Program that allowed for the first-ever electronic prescription transfer via the Composite Health Care System to Express Scripts, which decreased the time spent manually processing the transfers by 50 percent.



Lt. Cmdr. Tiffany Cline, NMCP pharmacy department head, and HMC (SW/AW) Miguel Medina, pharmacy leading chief petty officer, display the Navy Pharmacy Specialty Leader Award for Team Excellence for 2014, alone with Cmdr. Roger Bunch, director for Clinical Support Services, back row, and members of the pharmacy staff.

NMCP's Supply Department piloted a Master Medical Catalog program that enables real-time pricing to help make decisions for best-value purchasing. They continue to assist during the militarywide rollout of the MCC to all services.

For Medical Home Port patients, there is now greater access to a pharmacist when the patient's medication regime is not providing optimal results.

"We have a pharmacist embedded in the Medical Home Port to see patients and improve patient outcomes, especially with regard to diabetes management and lipid management," Cline

— *See* **PHARMACY**, *next page*



Rear Adm. Terry Moulton, commander, Navy Medicine East, presents HM1 (SW) Russell Wagenman with the Navy Medicine East's 2014 Sailor of the Year award after his selection. From left, Capt. Darin Via, commanding officer, NMCP; Moulton; Wagenman; HMCM (EXW/FMF/SW) Aaron VanDall, acting NMCP command master chief; and CMDCM (SW/AW/FMF) Michael James, Navy Medicine East command master chief.

WAGENMAN — *Continued from page 3*

Finest' selected and having all of his co-workers there to recognize him for this great achievement," James said. "I think it speaks about the great volume of work our Sailors do at NMCP, and that they see they are very competitive throughout the region."

The petty officer first class finalists brought with them many distinguishing accomplishments, including civic and community activities and fitness standards. During the boards that were held throughout the day Nov. 18, they were tested on their professional military knowledge, leadership, military bearing, Navy values and current events.

During the process leading up to the board and selection process, Wagenman studied Naval Administrative (messages), uniform updates and regulations, as well as advancement criteria affecting the Navy. He thanked those who helped him prepare for the board.

"My chain of command put together a pre-board where they asked me a lot of tough questions to get me to think outside of NMCP on a bigger Navy scale," Wagenman said. "That helped me formulate what we do here and the effect it has on the Navy. The Sailors above me and around me on the deckplate who help me, they give me the opportunity to do what I do."

Wagenman also thought highly of his fellow candidates throughout the process and the time spent with them.

"I've made a lot of friends over the last couple of days that I will have for a long time," he said. "Getting to talk to them and to know them, inside the hospital and outside in a social setting, has been one of the most rewarding parts (of the competition). We all agreed that if we weren't selected, that we would support whoever did. I told the others afterwards that they are my motivation to go and do well at the next level – to represent them as well as NMCP."

Wagenman will next compete for selection as Navy Medicine Sailor of the Year against other regional SOY's within Navy Medicine. If selected, he'll advance to the Navy's Shore Sailor of the Year competition. In the meantime, Jackson and other senior enlisted leaders will coordinate mock oral boards to assist Wagenman in his preparing for the next level.

PHARMACY — *Continued from previous page*

said. "Doctors who are having difficulty getting a patient to goal for some aspects of their care, such as cholesterol levels or keeping blood sugar levels in control, will refer the patient to the pharmacist to help improve prescription management and the possibility of medication alternatives."

The patient-centered Medical Home Port pharmacy began at Branch Health Clinic Boone in August, and is expected to begin at Branch Health Clinic Oceana in December.

"Naval Medical Center Portsmouth pharmacy staff has not maintained status quo during a period of low staffing, extensive construction, changing leadership and numerous projects," Cline said. "They have shined throughout a busy command. Receiving the award shows that all of the patient improvements have really made a difference throughout Navy pharmacy and have made an impact on our peers. I know we have a great team, so it's nice to have that reinforced."

Yeoman Marks Six Months Smoke Free as NMCP Celebrates Annual Smokeout

By MC2 (SW) Terah Bryant
NMCP Public Affairs

As the nation and Naval Medical Center Portsmouth celebrated the annual Great American Smokeout with tobacco cessation-related events Nov. 20, an NMCP staff member recounted her days as a smoker and the struggles of quitting.

The smokeout, celebrated annually on the third Thursday of November, encourages smokers to use the day to make a plan to quit, or to make a plan prior to the smokeout and quit that day.

Part of that plan includes being mentally prepared, according to Yeoman 3rd Class Jennilee Alejandro, who works in the Office of FITREPs and Evaluation. She'd been a smoker for 14 years and had tried to quit once before, but was unsuccessful. She said she was trying to quit for health reasons, but her head wasn't in it.

"I was on a ship at the time and had been using the patch," Alejandro said. "I miscalculated how many patches I needed on an underway and, once I ran out, I eventually went to the ship store to buy cigarettes.

"My thinking was that it was everyone else's fault that I couldn't quit," Alejandro said. But she found a different tactic, and on Nov. 30, Alejandro will be celebrating six months of being smoke free.

According to the American Cancer Society, the first step in quitting is making the decision to quit, which is exactly what Alejandro decided to do.

"I wanted to change my life, my perspective and I really had no excuse to smoke anymore," Alejandro said. "I had a new outlook and attitude on my career, and I didn't want smoking to hold me back."

Just 20 minutes after quitting, a smoker's heart rate and blood pressure will drop to normal levels, while two weeks to three months later, circulation improves and lung function increases.

To help encourage others to make the same decision as Alejandro, staff from NMCP's Wellness Department and the Navy Environmental and Preventative Medicine Unit 2 set up booths equipped with informational handouts and tips to help staff and patients quit tobacco.



Photo by Rebecca A. Perron

Efforts during the smokeout were aimed equally at smokers and those who use smokeless tobacco, which is just as harmful. The two forms of smokeless tobacco are moist snuff and chew. Smokeless tobacco increases the risk of tooth decay, as well as mouth and throat cancer.

It is estimated more than 7.8 million people use these products regularly.

In addition to the information booths, a cake-cutting celebration where Capt. Darin Via, NMCP's commanding officer, spoke about the importance of the medical center participating in the smokeout. He then cut the cake with Maggie Malson, Tobacco Cessation Program manager, an action he was familiar with. Four years ago, when Via was deputy commander, he cut the cake with Malson, who was dressed in a cigarette costume.



Photo by MC2 (SW) Terah Bryant

HM3 Mary Sigler speaks with HM3 Bradley Hubbell about the dangers of smoking.

As staff and patients continued to stop by the tables throughout the day, staff stressed the importance of quitting, no matter which method is preferred by the tobacco user.

It may be beneficial for them to quit cold turkey, abruptly stopping all tobacco products; wean down by gradually cutting back; or to use medication.

Regardless of which method a tobacco user chooses, NMCP offers many programs that make quitting convenient. NMCP and its branch health clinics offer counseling; one-day workshops; one-time, one-hour clinics; support groups; walk-in medication prescriptions and access to many other resources.

Patient can see a provider at any clinic, regardless of their primary care location, and can get the resources they need to quit, including medications, all in one appointment. To join a tobacco cessation program, call the Hampton Roads Appointment Center at (866) 645-4584. For more information about walk-in clinics, call (757) 953-9247.

Lt. Lauren Brown from the Dental Department is prepared to speak with tobacco users about the effects of tobacco on oral health.

NMCP Awards First Master, Associate Master Clinicians

By MC1 (SW/AW) Abraham Essenmacher
NMCP Public Affairs

Thirty physicians at Naval Medical Center Portsmouth were recognized during a ceremony Oct. 28 as associate master and master clinicians. Another 23 received the designation, but were providing patient care at the time of the ceremony.

The master clinician program recognizes staff who have excelled in exemplary patient care, and participation in graduate education, scholarly activity, research and professionalism. A master clinician must have at least eight years of experience after completing their residency and specializing in their field of medicine. An associate master clinician must have at least four years of experience post-residency.

Rear Adm. Terry Moulton, NMCP commander, honored each recipient with a certificate and a pin specifically designed for their individual achievement.

"We wanted a way to highlight people in our ranks who are doing great clinically, and they have dedicated great time and effort as a clinician and that they are really good at it," said Cmdr. (Dr.) Jared Antevil who has served as president of medical staff at NMCP. "These are the go-to people we call when we have an issue within a certain specialty.

"That would really mean something to me as a patient – realizing that this is a program where people were selected by fellow providers as physicians who are best at what they do clinically," Antevil added.

Those honored were a mix of civilian and Navy physicians. With this being the first year of the program, each recipient was nominated by the medical staff, selected by a committee and approved by Moulton. In the future, the physicians will be chosen by previously selected master clinicians.

"When you recognize somebody for what they do because they've done it well, it motivates them to keep doing it well … and do it even better. It gives others an incentive to perform even better in their craft," said Antevil, adding that the recognition takes into consideration each physician's teaching and research.

Capt. (Dr.) Allen Mitchell, an otolaryngologist, was one of this year's selectees. "I would hope that when patients see the pin, they are re-assured that Naval Medical Center Portsmouth has a commitment to excellence.

"It also encourages those selected as master clinicians to strive to maintain their excellence as well as embrace those implied tenets of it," said Mitchell. "Specifically, to ensure that we know everything we possibly can about our field and share our knowledge with our residents, medical students, trainees and corps staff.

"If you're really serious about being a master clinician, you're also willing to share your knowledge in the interest of education," Mitchell added. "You've had to see a lot of patients, been exposed to a lot of different clinical scenarios to draw together academics with problem solving to apply your trade in an effective manner."

Mitchell said the recognition highlights the world-class medical care NMCP provides to patients.

"We hope (the doctors) wear the lapel pins around and give them some level of recognition, so when others see them, they think, 'This person has proven their excellence as a clinician,'" said Antevil. "It benefits our patients because anything we can do to improve the care they receive is a good thing."

Master Clinicians

Capt. Brian Alexander
Capt. Carl Cowen
Capt. Joseph Kennedy
Capt. David Klink
Capt. Timothy McCullough
Capt. Robert Mendez
Capt. Allen Mitchell
Capt. Michael Wagner
Capt. Greg Waskewicz
Cmdr. Roger Scott Akins
Cmdr. Michael Barker
Cmdr. Jerry Berman
Lt. Col. Molinda Chartrand
Cmdr. Scott Deeds
Cmdr. Christian Petersen
Cmdr. Timothy Sayles
Cmdr. Rob Strange
Cmdr. Amy Wootten
Cmdr. Lori Vanscoy
Lt. Cmdr. William Hill
Dr. Curtis Bergey
Dr. Thomas Bottoni
Dr. Greg Caron
Dr. Kenneth Frumkin
Dr. Tuula Koraska
Dr. David Levy
Dr. Robin Marshall
Dr. Wayne Martin
Dr. Matt Parvis
Dr. Jim Reasor
Dr. Will Rodriguez
Dr. Thomas Scott
Retired Capt. David Turton
Dr. Glenn Wright

Assoc. Master Clinicians

Cmdr. George Conley
Cmdr. Christin Foster
Cmdr. Steve Gauerke
Cmdr. David Healy
Cmdr. Christopher Kuzniewski
Cmdr. Mark Lenart
Cmdr. Catherine McDonald
Cmdr. Edward Miles
Cmdr. Timothy Powell
Cmdr. Darian Rice
Lt. Cmdr. Kevin Byrd
Lt. Cmdr. Christina Gondusky
Lt. Cmdr. Nima Khorassani
Lt. Cmdr. Shane Lawson
Lt. Cmdr. David Trowbridge
Dr. Efland Amerson
Dr. Duane Lawrence
Dr. Bruce Lovelace
Dr. Tim Reiss



Capt. Darin Via, prospective NMCP commanding officer, right, speaks with Vice Adm. Matthew Nathan, Surgeon General of the Navy, center, and Rear Adm. Terry Moulton, NMCP commander, during the change of command pre-reception.



The NMCP Color Guard presents the colors during the change of command ceremony.

COMMAND — *Continued from page 1*

commander, then spoke seriously about how thankful he is for the experience, as well as the professionalism and capabilities of the staff.

"What we do here matters," Moulton said. "I asked you to focus on continuing to create a culture of safety and the posture of a highly reliable organization. A culture of safety is a journey, not a destination – it requires our continuing diligence. You need to be commended for your efforts in that regard."

He also praised the staff for their engagement as a team and training to provide the best care possible for patients.

"I asked you to provide care with compassion, and I see that caring every day in the smiles of our patients," Moulton said. "Our customers really appreciate that. I am very proud to be part of this great organization. It certainly has been a pleasure and an honor."

Turning to Via, he said, "You are inheriting a great organization. I look forward to working with you going forward. We have much to do in support of Navy Medicine, the medical center, the Tidewater market and all of those who we serve."

After the reading of orders and exchanging salutes with Nathan, Via delivered his remarks.

"Those who have been the CO of one of our medical centers would tell you, that commanding Naval Medical Center Portsmouth, supporting the largest fleet concentration in the country, is the greatest honor, and for that, I am truly humbled," Via said. "Being selected as the first O-6 commanding officer in 24 years, to lead the 'First and Finest' and its 184 years of tradition is a special honor. Admiral Nathan, I thank you for having the confidence in my ability to lead the fantastic men and women – uniformed, GS and contractors – who every day define why this institution is the First and Finest.

"Admiral Moulton, the biggest thanks must, however, go to you," Via continued. "Your impact as commander of NMCP is obvious. You have ensured that the First and Finest is leading Navy Medicine in its strategic imperatives of Jointness, Readiness and Value. You have ensured NMCP is the first choice of patients and staff, the first called upon by the combatant and fleet commanders to support the



Rear Adm. Terry Moulton, center, receives a gift from the NMCP Chief's Mess presented by HMCM (EXW/FMF/SW) Aaron Vandall, deputy command master chief, left, and CMDCM (SW/AW/FMF) Michael James.

Photos by MC1 (SW/EXW/AW) Gary Johnson and MC1 (SW/AW) Abraham Essenmacher



Rear Adm. Terry Moulton addresses the audience during the NMCP change of command.



Rear Adm. Terry Moulton, right, receives his command pennant from CMDCM (SW/AW/FMF) Michael James.

warfighter and the nation, all while delivering the finest in quality health care, education and research."

Via concluded by committing to the initiatives underway to optimize readiness, work with the fleet and medical partners within the Army and Air Force, and to make the delivery of the highest value in health care a priority.

Via has previously served as commanding officer of the NATO Role 3 Multinational Medical Unit in Kandahar, Afghanistan, where he established the U.S. Navy as the lead nation, lead service of the multinational medical facility. Most recently Via served as Pacific Fleet Surgeon, where he directed and oversaw all force health protection, warfighter mission medical readiness, and strategic medical efforts in the Pacific and served as the direct advisor to Commander, Pacific Fleet for all medical matters.

Nicknamed the "First and Finest," Naval Medical Center Portsmouth has the distinction of being the nation's first naval hospital. It has proudly served the health care and medical needs of the nation's military continuously since 1830.



Rear Adm. Terry Moulton renders a salute to Capt. Darin Via to signal his relinquishing of command of NMCP.



Capt. Darin Via delivers his remarks after assuming command of NMCP.



From left, Rear Adm. Terry Moulton, Vice Adm. Matthew Nathan, and Capt. Darin Via cut a cake following the NMCP change of command.

Annual Diabetes Boot Camp Provides Quality Care

Story and photos by
MC1 (SW/EXW/AW) Gary Johnson
NMCP Public Affairs

Naval Medical Center Portsmouth staff sponsored its 4th annual Diabetes Boot Camp Nov. 14 inside the Endocrinology Clinic and along the main hallway of the Charette Health Care Center. The boot camp is a one-stop shop for patients to complete their annual appointments and health checks at one time.

The event is held during Diabetes Awareness Month and allowed more than 130 NMCP's diabetic patients over age 19 to receive multiple screenings and gather information about methods of maintaining their health and living with the illness.



Iris Booker, a diabetic patient, left, talks with Lt. Carter Schmidt from the Dental Department about the effect diabetes can have on dental health.

"Some of our patients have difficulties getting to multiple appointments for all the different care and education that is needed when someone has diabetes," said Carmina Bautista, a diabetes nurse in the Endocrinology Clinic and co-organizer of the event. "We really want to help our patients and make sure they receive the care and education they need. This event lets us condense everything into one visit for them."

Among the services offered were A1c blood sugar checks, blood and urine tests, dilated retinal exams, foot examinations, flu and pneumonia vaccinations, and glucometer testing and troubleshooting.

"The boot camp is really meant to let us provide a one-stop shop for our patients," said Casey Knapp, a disease manager in NMCP's Population Health Department and co-organizer of the event. "It really helps us get our delinquent patients in when they know they are going to get all of their appointments out of the way at one time. While patients are here for the care they need, we can also take time and educate them on different concerns with their health and what to be mindful of."

Staff from Dental, Endocrinology, Health and Wellness, Immunizations, Laboratory, Ophthalmology, Podiatry, and Population Health manned tables to allow patients the opportunity to address their concerns with someone one on one. Vendors from around the area and organizations like the American Diabetes Association set up displays with programs, books and products that can help patients manage their diabetes.

Knapp added that it is important for patients to know who they can talk to about their concerns, from eye, foot and teeth to diet and exercise routines.



Lt. Sarah Fletcher examines the feet of PSCS Paul Buchanan.

This year, the camp offered classes on smoking cessation, exercises such as Pilates, yoga and Zumba, and personal time to talk to a nutritionist.

"Diet and exercise can mean the difference between someone who has their diabetes under control and someone who has to routinely take medicine to keep it in line," Bautista said. "The patients we try to get at these events are the ones who need help getting it under control. But a lot

— *See* **DIABETES**, *next page*

Medical-Surgical Nurses Week Celebrated



Photos by MC1 (SW/AW) Abraham Essenmacher

Cmdr. Tracey Giles hands out travel tote bags as gifts to nurses assigned to the department.



NMCP nurses display the tote bags they received as gifts during a ceremony in honor of Medical Surgical Nurse Week.

Naval Medical Center Portsmouth celebrated Medical-Surgical Nurses Week with a cake cutting Nov. 3 in the Medical-Surgical Ward. Medical-Surgical Nurses Week is celebrated from Nov. 1 – 7. The theme for this year is "You Are the Heart and Soul of Nursing."

The week honors medical-surgical nurses and the care they provide to their patients, and celebrates their dedication, skills and heroism. There are 109 medical-surgical nurses at NMCP. They perform a variety of duties from orthopedics and general surgery.



Medical-surgical nurses Crystal Wenkanaab and Lori White cut the ceremonial cake as a kickoff to Medical-Surgical Nurses Week.

DIABETES — *Continued from previous page*

do show up because they are extremely proactive about keeping healthy."

Dorothy E. Walker, a retired chief petty officer who was formerly stationed at NMCP, has been a diabetic for nine years. She has attended the event every year since it began.

"I love coming to this event because it is a very educational experience where I learn about so much, from taking care of my feet and what shoes I should wear to different diets and exercise programs," Walker said. "The staff here really does an awesome job at being a team to provide the best care for patients."

The staff's plan is to continue this event yearly and continue to encourage those patients who are having difficulty with their diabetes and keeping it under control to attend.

"Everybody knows that if you don't keep your diabetes under control, your kidneys could fail or you have other organs you could lose," Walker said. "The doctors at this facility really talk to each other and provide some great care and information. I would highly encourage those who didn't attend to make it next time. This is too good of an event to miss out on."



Participants of the Diabetes Boot Camp take part in a Pilates demonstration class.

Perioperative Nurses Week:

NMCP Recognizes Role in Patient Safety, Care

Story and photos
by MC1 (SW/AW)
Abraham Essenmacher
NMCP Public Affairs



Lt. Kelly Andrews, a perioperative nurse, verifies that patient information and the surgical procedure are in order prior to an operation.

Naval Medical Center Portsmouth celebrated Perioperative Nurse Week from Nov. 9 – 15, a week that recognizes and honors perioperative nurses for their important role and commitment to safe patient care.

The medical center's surgical technologists treated the nearly 60 perioperative nurses at NMCP with tokens of appreciation throughout the week, including breakfast, a pizza luncheon and a cake cutting.

Perioperative nurses work with patients who are having operative or other invasive procedures. Sometimes called a surgical or an operating room nurse, they care for patients before, during and after surgery. They work alongside surgical teams to make sure that patients are receiving the best possible care and serve as liaisons between the surgical team and patients' families.

"The surgical technicians have done a really great job of making us feel special this week and it's been great," said Lt. Jaime York, a perioperative nurse.

These nurses work closely with surgeons, nurse anesthetists, surgical technologists and nurse practitioners. They perform stress test evaluations, cardiac monitoring, vascular monitoring and health assessments. Training certifications typically consist of Basic Life Support and Advanced Cardiac Life Support.

"Not everyone sees the nurses who work and take care of patients every day behind the red lines in the operating rooms," said Lt. Cmdr. Craig Malloy, acting assistant perioperative department head. "This includes patients who have been sedated and don't recall the care these perioperative nurses rendered while they were undergoing their procedure.

"From a safety standpoint, perioperative nurse make sure we have the right patient, perform the correct procedure and everything is right-right-right," Malloy said. "It takes a special person to do that, and we have a great group of nurses here who do that."

Lt. Dan Gardner chose this particular field of nursing because "of the advance practice that it gives you. This is an opportunity to care for a truly vulnerable patient in a plethora of specialties."

One of the main roles of a perioperative nurses is to advocate for their patient, from before the procedure to the initial post operation recovery.

"We are the advocate for the patient," York said. "The patient can't speak for themselves when they are in surgery, whether it's making sure that their body position is aligned correctly or controlling traffic in the room, we make sure that they are safe and comfortable."

The focus of these nurses is on the needs of the patient, so the other members of the operative team can focus on their specific role.

"Our focus is the patient, so we make sure that everything is flowing together smoothly and that

— *See* **NURSE**, *next page*



Some of NMCP's nearly 60 perioperative nurses gather on Nov. 14 during Perioperative Nurses Week.

Going Up: NMCP Raises Goal for CFC Donations

By MC2 (SW) Terah L. Bryant
NMCP Public Affairs

Combined Federal Campaign representatives at Naval Medical Center Portsmouth began collecting donations through outreach tables Nov. 10, where staff, patients and visitors can donate to help NMCP reach their goal of $140,000 in contributions for charities.

CFC representatives will continue to staff the tables Mondays and Wednesdays from 11 a.m. to 1 p.m. near the Navy Exchange in Bldg. 3. They are also organizing a bake sale, pizza sale and basketball tournament.

The CFC annual fundraising drive provides an opportunity for federal civilian, postal and military to donate to local, national and international non-profit organizations.

Last year, NMCP's total was $126,000 between donations and fundraisers. According to Lt. Sandra Baxter, a campaign co-chair, staff has been challenged by raising the goal by $13,000.

"We have a pretty lofty goal this year, but I think we can make it happen," Baxter said.

More than 5,300 active duty, reserve and civil service staff will be contacted by representatives and can donate to more than 21,000 organizations.

The campaign requires 100 percent contact of staff, while donations are voluntary. To ensure that all are contacted, Baxter is personally visiting staff throughout the medical center to talk to them about how donating to CFC can benefit the community.

The CFC still offers the traditional paper form for making a donation, but is gearing toward online donations only in the future.

"After staff donates online, they have a receipt that they print, sign and hand to their respective CFC representative, which is one way that we keep track of donations," Baxter said.

Donors can choose any charity, whether it's a nationwide charity or one local to their duty station or hometown.

"As long as they signed up with the CFC, they can donate to a charity from their hometown, or their church, which I think most people may not be aware of," Baxter said.

Charities belonging to the campaign also inform what percentage of money donated goes to the cause and how much goes to administration fees.

"It is a very transparent organization, if you were to cut a check to that charity on your own you wouldn't necessarily know that information, but the CFC makes sure we know," Baxter said.

One reason Baxter donates to the CFC herself is because "there is a charity for everyone. You can search and donate to whatever charity means something to you."

The campaign is scheduled to end Dec. 15, but in previous years, the deadline for donations has been extended.

To search for a charity, visit www.cfctoday.org. Donations can be given at www.cfcshr.org.



A perioperative nurse adjusts a patient's arm during surgery.

NURSE — *Continued from previous page*

everything is working the way it should," York said. "Our job is to strive to ensure total safety for the patient."

For some perioperative nurses, like Gardner, the rewards are delivered at the end of their patient care encounters.

"The most rewarding part is at the end of the surgery, when everything has been successful and the patient is starting to wake up," Gardner said. "When they first come out of anesthesia and they say, 'It's done already? Thank you so much,' it's very satisfying to realize that it's the perioperative nurses doing things behind the scenes that helped make it a success."

NMCP's OB/GYNs Recognized for Excellence in Their Field

Story and photo by Rebecca A. Perron
NMCP Public Affairs

Obstetricians and gynecologists from Naval Medical Center Portsmouth were recognized for excellence in their field at the 2014 annual Armed Forces District meeting of the American Congress of Obstetricians and Gynecologists from Nov. 9 – 12 in Cincinnati.

Thirteen of NMCP's OB/GYNs attended the meeting to exchange research studies and new patient care techniques, as well as network with fellow military doctors. Each made an oral presentation of research they had conducted or a poster presentation of a patient case report.

Of them, seven were recognized for having the best paper or poster or received the chairman's award.

Some of the residents and staff have attended the meeting for several years. For Air Force Capt. Corey Baxter, a fourth-year resident, it was a first. Being exposed to the breadth of research there is something he can bring back to his clinical practice.

"It was a great experience to see the diversity of research that's going on," Baxter said. "It's interesting because some of the research is medical and some surgical. We are exposed to how other research programs operate via protocol or surgical technique. It's great to see how they work with their patient population as well."

"In the military, we have a unique patient population compared to the civilian sector, especially in subspecialties like urogynecology," said Cmdr. Joy Greer, staff gynecologist. "It's helpful to be able to network to discuss patient challenges in caring for our active-duty members and beneficiaries. It also provides an opportunity to network for research studies."

Greer was recognized for best scientific paper from a fellowship. The topic: functional outcomes of women undergoing pelvic organ prolapse surgery. The study tracked functions like walking, lifting and climbing stairs, as well as frailty markers like anemia and weight loss. Limitations were tracked before surgery and again at six weeks and 12 weeks after surgery.

"We found that for about 30 percent of our patients, those 60 and older, functional limitations before surgery predicted an increased number (of limitations) after surgery," Greer said. "It's really important to counsel patients before surgery, so they can have the appropriate expectations of how long their recovery is going to take. Doctors can also try to optimize certain risk factors before the surgery to improve recovery after."

In addition to Greer, the others who received awards were: Lt. Cmdr. Jerrol Wallace and Air Force Capt. Meghan Taylor for best research paper on a clinical topic; Lt. Cmdr. Adam Sischy received the Chairman's award (non-teaching hospital) for work completed at his previous duty station; and Capt. Rick Gist, Capt. Nanette Rollene and Lt. Julie Whittington were recognized for best poster.

Presenting and discussing research is an important portion of the meeting, according to fourth-year resident Lt. Cmdr. Rozalyn Love, but not the main reason she attends.

"Beyond the research piece, you also get to participate in business meetings for Navy OB/GYN, so you get privy to information about pertinent issues in the community for all of the Navy, as well as for all of the Armed Forces," Love said.

One of Love's stops at the conference was the technology booth. This year, she brought back the latest phone and tablet applications that are useful in daily practice and plans to share them with staff and residents. Many of the apps address patient care topics like cervical screenings, pelvic organ prolapse and treatment guidelines for certain diseases.

During the meeting, Lt. Alison Spaniol, a fourth-year resident, competed in a tri-service game of Jeopardy, joining three other Navy OB/GYNs who beat the

— *See* **AFD**, *next page*



Several of the obstetricians and gynecologists gather on Nov. 13 to discuss the benefits of attending the conference. From left, Lt. Cmdr. Rozalyn Love, Lt. Suzanne Jenkins, Lt. Alison Spaniol, Lt. Julie Whittington, Air Force Capt. Corey Baxter and Cmdr. Joy Greer.

NMCP First Stop for Contraception, Family Planning Training

Story and photos by MC2 (SW) Terah L. Bryant
NMCP Public Affairs

Naval Medical Center Portsmouth was the first stop for the Navy Bureau of Medicine and Surgery-sponsored Contraception and Family Planning training on Oct. 15 and 16. The training certifies providers who can place long-acting, reversible contraception for their patients without a specialty referral to the Women's Health Clinic.

The training increased health care providers clinical knowledge and awareness of this type of contraception, also known as LARC, as well as family planning counseling and LARC placement skills. The one-day training will be offered at seven other Navy medical training facilities through March.

Health care providers from 38 ships and shore-based clinics throughout Hampton Roads attended one of the two sessions. The result: providers are better educated, equipped and trained to offer these contraceptives options to beneficiaries.

"For primary care managers in clinics, like myself, it is nice to be able to provide what the patient needs right then, instead of having to refer them out to OB/GYN," said Lt. Cmdr. Lydia Haase, a nurse practitioner at Branch Health Clinic Boone. "We can take care of them without them having to wait."

These clinical providers – physicians, physician assistants, nurse practitioners and shipboard providers – are now trained to implant certain types of contraception, rather than requiring their patients to wait for an appointment elsewhere.

"The goal was to have as many providers attend as possible, so there is less of a wait for beneficiaries," said Capt. Lee Biggs, vice chairman of the Department of Women's Health at NMCP. "Before, beneficiaries would have to come to the hospital to have the procedure done. But now, after this training, patients will be able to see their providers and have the procedure done at their office with less of a wait time."

Providers also learned about the implications of unplanned pregnancies among Navy beneficiaries; and the benefits, risk factors, side effects and procedures for all the Food and Drug Administration-approved intrauterine devices, as well as the subdermal hormonal implant Nexplanon.

According to Haase, she has seen better success rates for active-duty patients using a LARC who want to be in control of when they get pregnant.



Lt. Cmdr. Christopher Worley, a USS Abraham Lincoln physician, practices implanting Nexplanon in a simulated arm.

"It is a much more effective birth control for their lifestyle," Haase said.

"Among contraceptive options, LARC in the form of IUDs and subdermal hormonal implants have been demonstrated to be a highly effective, safe and a cost-effective option for most women," Biggs said. "Access to family planning services is an integral component of primary health care of women, men and families."

AFD — *Continued from previous page*

Army and Air Force team.

"The game featured medical trivia, local geographic trivia and performance-based laparoscopic skills," Spaniol said. "The final question was the year this strain of ebola was discovered, which was 1976, and we knew the answer."

The takeaways from the conference included an office-based procedure to treat patients who have suffered a miscarriage. Instead of performing a dilation and curettage in the operating room, patients can undergo an office-based procedure.

"We learned the technique and heard a research presentation about its cost effectiveness," Spaniol said. "This is an improvement in the ability to provide care. The conference gives us the exposure to new technology and new ideas, and awareness of what's being successfully used in another hospital."

Another tool, using clay to build a model of a pelvis, caught the attention of Lt. Suzanne Jenkins, a fourth-year resident.

"This is a way to improve teaching pelvic anatomy to residents and medical students," Jenkins said. "Learning pelvic anatomy is one of the more challenging aspects of our field. Actually starting with the bony pelvis and building the layers of the pelvic floor and physically putting in where the arteries and the nerves run to can help. This is a workshop we will definitely try to begin at NMCP."

IDC Symposium Helps 'Docs' Improve Care

Story and photos by MC1 (SW/EXW/AW) Gary Johnson
NMCP Public Affairs

About 100 independent duty corpsmen and medical providers from around the fleet gathered at Naval Medical Center Portsmouth Nov. 13 for the biannual Independent Duty Corpsman Symposium.

The Operational Forces Medical Liaison Services at NMCP sponsors the event twice a year to provide IDCs with training that will help them provide the highest quality of care possible, and help improve communication between the providers throughout the fleet.

This type of training is important for IDCs who are assigned to commands as non-physician health care providers. Their range of responsibilities differs according to the community they serve, from Fleet Marine Forces and surface ships to special warfare and Seabee units. They must rely on their own skills when providing care in remote or austere environments.

"For a large number of IDCs, especially those with high operational tempos, it is very hard to get all the training needed and for it to be quality training," said Senior Chief Hospital Corpsman (SW) Jason Shaeffer, OFMLS senior enlisted leader. "This is our way of giving back to the fleet and providing eight hours of quality continuing education."



Hugh Brown of the Navy-Marine Corps Public Health Center talks about forms that an independent duty corpsman may need to complete.

Topics involved cardiology, preventive medicine, neurology, mental health, internal medicine and endocrinology. The symposium covered specialties that would enhance the IDC's knowledge level while treating patients in that remote or austere environment. It also helps them complete mandatory Continuing Medical Education requirements of 15 annual hours.

Capt. Darin K. Via, NMCP commanding officer, kicked off the day, talking about the tremendous work that IDCs do and how much he respects the men and women in the community.

"I have no greater respect than for an IDC," Via said. "Whether they are in the field with Marines or on a ship or submarine, they are the true 'docs' of the Navy. These are the folks who commanding officers go to for help making medical decisions, and I am proud that we at NMCP can help with their continuing education."

For some, this was their first time to attend, while for others, the training is a tradition. Hospital Corpsman 1st Class (FMF) Michael Warden, assigned to USS Zephyr, has been an IDC for only five months and was the most junior IDC who attended.

"This has been an incredibly beneficial event for both the training and networking," Warden said. "With being a new IDC, any extra training or contacts I can make will be extremely useful, especially here at the hospital with all the different clinics and knowledge they can share."

In addition to training, they were able to expand their professional contacts with health care providers from all around the Navy.

"Many of our IDCs are out on the water or in the middle of nowhere, and the ability to contact someone who is more knowledgeable in certain areas can make a real difference," Shaeffer said. "Being able to call someone when you need answers to help a patient is huge."

The symposium originally began as a yearly refresher course. After seeing the need for more frequent and more in-depth training, OFMLS staff redesigned the course to be a semi-annual event that covers a greater range of training. The next symposium is scheduled for May 2015.



The guest speaker, retired HMCM Patrick Modglin, addresses the group of about 100 independent duty corpsman during the symposium.

Suicide Theory Gives NMCP Providers Additional Patient Care Tools

By MC2 (SW) Terah L. Bryant
NMCP Public Affairs

The director of the Department of Defense Military Suicide Research Consortium brought his theories about "Why People Die by Suicide" to Naval Medical Center Portsmouth staff Oct. 31 to provide them with more tools when counseling patients.

Thomas Joiner, who wrote the book, "Why People Die by Suicide," shared his diagram to assess the types of people more at risk for suicide, and how a nationwide crisis and camaraderie can affect suicide rates.

Suicide requires a sort of physical fearlessness. Without this, one will not be capable of suicide, according to Joiner.

"We are talking about a form of death," Joiner said. "We are wired to fear death; we are supposed to be afraid of physical pain and death. If you (fear death and physical pain), then you will not be able to commit suicide no matter the desire."

The perception of "burdensomeness" adds to someone's desire to commit suicide. This perception can be broken down to feeling like one is a burden on the people in their life, while thwarted "belongingness" is loneliness, alienation and feeling a social disconnect from others.

"Perceived burdensomeness coupled with thwarted belongingness and those who are capable of suicide equals a serious attempt of death by suicide," Joiner said. "Put together that number one, I am a burden on everyone in my life, and number two, I am socially cut off from others and often they develop a desire for death."

According to Joiner's model, perceived belongingness and thwarted belongingness will only create a desire unless a person becomes capable of suicide.

"You have to have that fearlessness of death," Joiner said. "Only when these three collide is where you will have a serious lethal attempt or a death by suicide."

Joined used the model to compare an average day in America against one with a nationwide crisis to show how different factors play into the suicide rate.

"Why do you think suicide rates would decrease around times of a nationwide crisis; because they certainly do," Joiner said. "On Sept. 9, 2001, we lost 85 Americans to suicide, about the national average. Sept. 10, 2001, 90 Americans died by suicide, but on Sept. 11, there were 36 suicides."

There has never been another day in history recorded with fewer deaths by suicide than Sept. 11, 2001.

According to Joiner, nationwide crises and other factors, such as being a fan of the local sports team, create a connection, a sense of meaning that can have an impact on suicide rates.



Thomas Joiner, director, Department of Defense Military Suicide Research Consortium, speaks to NMCP staff about theories on suicide.

"If your local sports team is winning, it can create a sense of belonging and camaraderie, or if they are losing, that can all impact the local suicide rate," Joiner said.

As a provider, Lt. Cmdr. Marion Collins noted that the seminar was helpful because it was educating providers for other risk factors.

"We all go through things, but after attending the seminar, I think as providers we will be more mindful when we are going through our routine questions with patients," Collins said.

While introducing Joiner, Cmdr. Peter McGowan, clinical psychologist, emphasized the impact suicide can have on others.

"Obviously a very important topic; one that is very near and dear to all of our hearts," McGowan said. "Not just as mental health providers, but this is something that really affects all of us, from senior leaders all the way down to the deckplates."

According to McGowan, most individuals think they are well aware of the issue, yet it continues to be a significant problem. As of September, 43 active-duty Sailors died this year by suicide: seven officers and 36 enlisted.

"If you think it's a great big Navy, just consider that 43 suicides by September, means that we are already on a pace of greater than one per week," McGowan said. "We know that suicide is highly impulsive and a very unpredictable act, but we never really find out the reason why."

For further information or assistance, contact a chaplain or a medical or mental health provider. Those who are in need of immediate assistance should call the National Suicide Prevention Hotline at (800) 273-8255 or text 838255.

Civilian in the Spotlight



Photos by MC1 (SW/AW) Abraham Essenmacher

Jerry Lyons

Hometown: Grosse Ile, Mich.

Years of government service: 8 years, all at NMCP; 8 years active duty as an AT2

Job: Biomedical equipment technician

What do you like most about your job? Interacting with staff and the challenge of providing solutions to their problems.

What do you do in your off-duty time/hobbies? I enjoy fishing, sailing, sports, and church activities.

Favorite movie: Do not really have one; however, Mr. Smith Goes to Washington

Favorite food: Lasagna

Why was he nominated as Civilian in the Spotlight? "Jerry Lyons is a Senior Biomedical Equipment Technician who utilizes his experience and technical expertise to solve the most complex problems, and provides hands on training for newly arriving BMETs and OJT personnel. Jerry has completed 7,274 maintenance actions which ensured medical/dental equipment maintained optimal uptime, extended life expectancy, and millions in cost savings. He plays a critical role in the commands mission and allows Naval Medical Center Portsmouth to provide outstanding patient care."



Sailor in the Spotlight

HM3 Elizabeth Burnett

Hometown: Elizabeth Town, Ky.

Years of naval service: 3.5 years, 11 months at NMCP

Job: Deployment specialist, POMI Division

What do you like most about your job? Talking with the family members of staff who are deployed.

What do you do in your off-duty time/hobbies? Cook and take my dog to the park.

Favorite movie: Fever Pitch

Favorite food: Mushroom and goat cheese empanada

Anything else interesting about yourself that you would like to tell us? I like white water rafting. I have been down the Olympic level 5 rapids in Tennessee.

Why was she nominated as Sailor in the Spotlight? "HM3 Burnett is the epitome of the command's motto for being the First and the Finest," said Chief Hospital Corpsman Tomasine Jordan, POMI/OSO, leading chief petty officer. "Her impeccable professionalism and exceptional customer service with 35 deployed Sailors' families ensured a successful deployment evolution for both deployers and family members. In addition, she single handedly coordinated six pre-deployment briefs and completed 464 command check-ins and 212 command checkouts with zero errors. Her continual personable attitude and relentless dedication to her job makes her most deserving of the recognition as NMCP Sailor in the Spotlight."

Awards

MERITORIOUS SERVICE MEDAL

Capt. Steven Cronquist
Capt. Paul McAdams
Cmdr. Jared Antevil
Cmdr. Robert D. Fetherson
Cmdr. James P. Pate
Cmdr. Joon Yun
Lt. Cmdr. Matthew Mattro
Lt. Cmdr. Sandra Myers

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Debra T. Crowell
Cmdr. Erik Voogd
Cmdr. David Labrie
Cmdr. Catherine Riley
Cmdr. Dave E. Powell
Cmdr. Rumei Yuan
Cmdr. Shawn Cassidy
Cmdr. Scott Deeds
Lt. Cmdr. Lauren g. Oliveira
Lt. Cmdr. Aleah McHenry
Lt. Cmdr. Christy McWethy
Lt. Cmdr. Thomas Hicks
Lt. Cmdr. Randy Birt
Lt. Cmdr. Alan Snyder
Lt. Zachary T. Schroeder
Lt. Christine Hobbs
ETC (SW/EXW/IDW) Christopher S. Cochran
DCC (SW) Ernest Thomas Jr.
HMC (FMF) Belinda Daniels
HM1 Rosalba Ruizsosa
HM1 Carl R. Parker
RP1 (SW) William Green, III
HM1 Shawn Katzaman
LN1 (SW) Robyn Burton
HM1 (SW/AW) Cynthia McZeal
HM1 Lisa Zurek
HM2 (FMF) Michael Collins
HM2 (FMF) Elizabeth Brea

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Matthew Langford
Lt. Cmdr. Douglas Latham
Lt. Cheryl A. Holleman
Lt. Jair Bentos-Pereira
Lt. j.g. Lachean Petty
Lt. j.g. Kristine Ryan
Lt. j.g. Amanda Sumner
HM1 (AW/FMF) Jason Allen
NC1 (AW) Amy Brown
HM1 Steven Dufresne
HM1 (SW/AW/FMF) Bronson Lebrun
HM1 (SW/AW) Charlene Ryals
HM1 (SW) Erica Stevenson
HM1 (SW) Kisha Wright
CS2 (SW) Timothy Ames
FC2 (SW) Divina Brewer
HM2 Devillion S. Crutcher
HM2 (SW) Ana Farris
HM2 Ericka Garnes
CS2 (SW) Ferlissia Hunnicutt
HM2 Alfredo Guerra
HM2 Spencer C. McCartney
HM2 (SW/AW) Loany Saldivar
HM2 (FMF) Tommy L. Turtle
HM3 Stephen Delrosario
HM3 Rebecca Diem
YN3 Jeanette E. Dyrek
HM3 Mykal Finch
HM3 Arya Gohari
HM3 Bryan Hill
HM3 William Jefferson
HM3 Erik Kuffel
HM3 Myles McDonald
HN Keith Cato
HN Shanee Davillier
LSSN (SW) Jennifer Korsenski
HN Veronica Makau
HN Christopher Messier
HN Nicholas A. Tucker

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Lt. Cmdr. Thuy K. Lin

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Jacqueline J. White

Shipmate of the Month



Photo by MC2 (SW) Terah Bryant

HN Shawn Caldwell, DCSS
HN Bradley Ecklund, DFA
HM2 David Wright, DQM
HM2 Jonathan Huffman, DNS
HN Marissa Graham, DMS
HN Amber Garman, DMH
HN Nakitta Tanner, DSS
HN Brittany Perry, DPHS
HM3 Crezari Powell, DPC

Mentor of the Month

Chief Hospital Corpsman Miguel Medina has worked at Naval Medical Center Portsmouth since July 31, 2013, as the departmental leading chief petty officer of the pharmacy and Physical Medicine and Rehabilitation.

His job includes helping Sailors under his charge aspire to achieve their goals and dreams, as well as mentoring three first class petty officers.

Medina believes the mentorship program gives Sailors a sense of direction.



Photo by MC2 (SW) Terah Bryant

"It gives the Sailors sound advice from experienced leaders," Medina said. "Mentors share what we have gone through, when we were going through the ranks and different everyday experiences."

Medina is integrating the USMAP and Navy COOL Program into the Mentorship Program. USMAP opens opportunities for civilian apprecticeships, while COOL leads to certifications and licenses related to enlisted career fields.

"Sailors will have the opportunity to receive certifications from the Department of Labor; to build resumes if Sailors decide to get out or to help them in their career in the Navy," Medina said.

Medina became a mentor to pay it forward as those who helped him along the way did. His advice to fellow mentors is to keep charging and never give up on their Sailors.

"You have to be approachable, able to listen to what your Sailors are saying and be able to do everything in your power to help and guide them in the right direction," Medina said.

Medina said his family and seeing Sailors achieve their goals motivate him.

"I just want to thank you for this opportunity as being recognized for mentor of the month, but it is my Sailors who should be recognized because they are the ones that are hitting the deckplates hard and continuing to better themselves as individuals and as a team," Medina said. "Without them I am just another person."

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.